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## Effects of the Yuan Chi dance program to improve the perceived exercise barriers, self-efficacy and regular exercise behaviours of Taiwanese women

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Physical inactivity is a modifiable risk factor for cardiovascular disease and other chronic diseases. The purposes of the study were to evaluate the effectiveness of the Yuan Chi Dance Program (YCDP) of regular exercise for women. One group, pre and post-test design was applied in this study. We recruited community health volunteers and community women (n=51) to receive a 12-week training courses and Yuan Chi dance exercise. A program evaluation study through collaboration between community and school of nursing was designed. Structured questionnaires (demographic information, perceived exercise barriers, self-efficacy and regular exercise behaviours) were used to collect data and measured before and after the YCDP. Blood pressure, body weight, body mass index (BMI), waist circumference, hip circumference, total body fat ratio, muscle weight, lower-body strength, upper-body strength, aerobic endurance, lower-body flexibility, upper-body flexibility, dynamic balance, and aerobic endurance index also were measured before and after the trainings and statistically analysed in paired t-test. After end of 3 months, the overall regular exercise rate increased. Engaged Yun Chi dance (100.0%), aerobics (52.9%), and brisk walking (43.1%) were the most popular exercise. In addition, the perceived exercise barriers, self-efficacy, and regular exercise behaviours were significantly improved than basic data. Dual collaboration between community and School of Nursing could establish a cost effective YCDP to improve regular exercise behaviours and health status of Taiwanese women.

### Biography

Jing Juin Huang is an Assistant Professor of Nursing at Chung Hwa University of Medical Technology. She is also an Executive Director at Formosan Association of Care and Education for the seniors in Taiwan. Her primary areas of research include women's health, women empowerment, community health promotion, exercise barriers, and long term care. She has currently conducted action research that explored the experience of using the Yuan Chi Dance Program to support community women to maintain regular exercise. She aims to develop community-based exercise program that will contribute to improve the exercise behaviours of community women.

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